**Cañada College**

**Department of Kinesiology**

**FITN 119 Intermediate Fitness Center**

**Spring 2015**

**Fitness Center Hours of Operation:**

**Monday through Saturday, 7:00 am-1:00 pm**

**Monday through Thursday, 5:30 pm-8:30 pm**

**Bldg. /Room: 01 – 138**

[**http://www.canadacollege.edu/fitnesscenter**](http://www.canadacollege.edu/fitnesscenter)

**Instructor:** Fitness Center Staff, **Office:** 01- 138, **Office Phone:** 650.306.3424, **email:** carrn@smccd.edu

Continuation of 118. FITN 119 is the third installment of the series designed for students’ ready for intermediate to advanced level concepts of resistance and cardiorespiratory training. Examines the importance of physical activity and physical fitness to maintain healthy body composition. Students are introduced to multi-joint exercises, Olympic style lifting techniques, functional training concepts as well as other advanced level exercises promoting improved performance for sport, recreation and real life activity. Students must demonstrate the appropriate strength, skill and technique to perform exercises safely**.** *Students enrolled in 1.0 unit course are expected to attend an average of 3 hours per week. Students enrolled in 2.0-unit course are expected to attend an average of 6 hours per week.* ***Students may use the Fitness Center to accrue attendance hours any time during operating hours. See above for hours of operation.***

BSL: Open Curriculum. PREREQ: FITN 117 or FITN 118. Transfer: CSU: E2, UC\*.

**\*Please note that it is always the responsibility of the student to withdraw from this class that he/she no longer plans to attend. The last day to withdraw from a semester long course (spring 2015) *with* a “W” is 4/30/15.**

**Course Content**

* Review on-line orientation – <http://canadacollege.edu/fitnesscenter/>
* Complete readiness determination for exercise
* Set fitness/wellness goals
* Develop all-inclusive fitness/wellness program
* Assessment of health related fitness component (pre and post)
* Monitor progression with fitness/activity log

**Required Equipment**

* Athletic shoes
* Shorts, T-shirts, sweats or warm-ups
* Full-sized towel

*PLEASE, NO jeans, cut-offs, dress shoe, boots or sport sandals*. *Inappropriate attire will effect attendance/participation grade****.***

**Student Learning Outcome**

1. Design, execute and evaluate an intermediate level exercise program that incorporates all fitness components.
2. Demonstrate ability to track and evaluate fitness/health progression.
3. Utilize technology that enriches the learning experience while in a fitness setting.
4. Apply motivational strategies that promote the adherence to a lifelong fitness/wellness plan.
5. Determine target heart rate while using Karvonen Formula.
6. Recognition that **daily physical activity** is one of the most important components of a healthy, fulfilling life.

**Evaluation**

**FITN 119 is offered Pass/No Pass (P/PN) or letter grade option.**

Grades are based upon:

1. Complete Fitness Center orientation and determination of readiness for exercise in a timely manner
2. Attendance and participations (48 hrs. /semester or 3 hrs. /week for 1 unit) – 65% **(*A minimum of 24 hours is required in order to receive a grade of PASS for 1 unit; a minimum of 48 hour is required in order to receive a grade of PASS for 2 units.)***
3. Complete assessment of a health-related component of fitness (laboratory assignment) – 10 points
4. Create applicable fitness goals (written assignment) – 10 points
5. Design personal fitness/wellness plan (written assignment) – 5 points
6. Fitness/activity log – 5 points
7. Online orientation and quiz – 5 points

**Extra Credit**

* Outside activity log (5 points extra credit)
* Sponsored 5 – 10k Race (5 points extra credit)
* Select reading and writing assignments (maximum of 5 hours total for semester)

**Forward District E-mail**

1. Login to Websmart.
2. Click on the “Student Email” link (at the extreme bottom – you may need to scroll down).
3. This screen will show you your my.smccd Username and Password. Write them down.
4. Go to [http://mail.my.smccd.edu](https://mail.smccd.edu/owa/redir.aspx?C=M2_E7lVH7UeC1ZyfB1CFF97sKrW3w89IuIIAnxW5xRjLn5yZC_0z4Xg4ik-ralYXbmcoAIwLcJ4.&URL=http%3a%2f%2fmail.my.smccd.edu)
5. Enter your username and password to sign in.
6. Click on the “Settings” link in the upper right hand corner of the page.
7. Select the “Forwarding and POP/IMAP” tab on the yellow bar.
8. Select the “Forward a copy of incoming mail to” option.
9. Enter the email address you would like the my.smccd email messages forwarded to.
10. Click on “Save Changes.” The system will send you an email asking you to confirm that you want to do this. You must click on the link in this email and approve the forwarding. You may need to verify the forwarding by going to the inbox of your selected personal email.

**Class Progression Calendar Spring 2015:**

 **Cumulative Time Totals**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Event** | **1 Unit** | **2 Units** |
| **1/22 – 1/24** | * **Fitness Center Orientation**
* **Day and Evening Classes Begin, 1/22/15**
* **Fitness Center is Closed for Declared Recess and in Observance of Martin Luther King, Jr. Day, 1/17 - 1/19**
* **Fitness Center is Closed for Flex Days, 1/20 - 1/21**
 | **Open** | **Open** |
| **1/26 – 1/31** | * **Fitness Center Orientation**
* **Last Day for New Student Orientations is, 1/31**
 | **3 hrs.** | **6 hrs.** |
| **2/2 – 2/7** | * **First Fitness Assessment**
* **Last Day to Late ADD a Semester Length Course, 2/4**
* **Last Day to Drop Semester Length Classes With Eligibility for Partial Refund, 2/4**
 | **6 hrs.** | **12 hrs.** |
| **2/9 – 2/14** | * **First Fitness Assessment**
* **Fitness Center is Closed in Observance Lincoln’s Birthday, 2/13**
* **Fitness Center is Closed for Declared Recess, 2/14-2/15**
 | **9 hrs.** | **18 hrs.** |
| **2/16 – 2/21** | * **First Fitness Assessment**
* **Design Workout Plan**
* **Fitness Center is Closed in Observance of President’s Day, 2/16**
* **Last Day to Drop *Without* a “W”, 2/16**
* **Last Day to Declare P/NP Option, 2/16**
 | **12 hrs.** | **24 hrs.** |
| **2/23 – 2/28** | * **Exercise**
* **Design Workout Plan**
 | **15 hrs.** | **30 hrs.** |
| **3/2 – 3/7** | * **Exercise**
 | **18 hrs.** | **36 hrs.** |
| **3/9 – 3/14** | * **Exercise**
 | **21 hrs.** | **42 hrs.** |
| **3/16 – 3/21** | * **Exercise**
* **Second Fitness Assessment**
 | **24 hrs.** | **48 hrs.** |
| **3/23 – 3/28** | * **Fitness Center is Closed for Spring Recess**
 | **Closed** | **Closed** |
| **3/30 – 4/4** | * **Exercise**
* **Second Fitness Assessment**
 | **27 hrs.** | **54 hrs.** |
| **4/6 – 4/11** | * **Exercise**
 | **30 hrs.** | **60 hrs.** |
| **4/13 – 4/18** | * **Exercise**
 | **33 hrs.** | **66 hrs.** |
| **4/20 – 4/25** | * **Exercise**
 | **36 hrs.** | **72 hrs.** |
| **4/27 – 5/2** | * **Exercise**
* **Last Day to Withdraw from Semester Length Course *with* a “W”, 4/30**
 | **39 hrs.** | **78 hrs.** |
| **5/4 – 5/9** | * **Exercise**
* **Final Fitness Assessment**
 | **42 hrs.** | **84 hrs.** |
| **5/11 – 5/16** | * **Exercise**
* **Final Fitness Assessment**
 | **45 hrs.** | **90 hrs.** |
| **5/18 – 5/23** | * **Exercise**
* **Final Fitness Assessment**
* **Declared Recess, 5/23-5/24**
 | **48 hrs.** | **96 hrs.** |
| **5/25 – 5/30** | * **Fitness Center is Open during Final Examination Week!**
* **Students May Accrue a Maximum of *10 Hours* During this Week for Credit**
* **Fitness Center is Closed in Observance of Memorial Day, 5/25**
 | **Open** | **Open** |
| **6/1** | * **Day and Evening Classes End**
 | **Open** | **Open** |
|  | * **Grades available on WebSMART**
 |  |  |

**\*Please note that it is the responsibility of the student to withdraw from this class.**

The last day to withdraw from a semester long course (spring 2015) *with* a “W” is 4/30/15.